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The impact of obesity on seminal fluid in patients with male infertility

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Background & Aim: Data on the effect of obesity on seminal fluid and men's fertility are inconsistent. The aim of this study was to evaluate the impact of Body Mass Index (BMI) on semen characteristics.

Method: A cross-sectional study was conducted on 74 infertile men. Semen sample were collected and sperm concentration, progressive motility, total motility and normal sperm morphology were assessed in accordance with WHO 2010 criteria. For each patient weight and height were measured and patients were divided by BMI into normal weight (BMI: 18.5-24.9 kg/m², n=30), overweight (BMI: 25-29.9 kg/m², n=30) and obese (BMI: ≥30 kg/m², n=14). Seminal fluid parameters were compared among the three groups.

Result: Although sperm concentration was lower in obese men, sperm concentration, progressive and total motility and normal sperm morphology did not significantly differ among normal weight, overweight and obese groups (P>0.05).

Conclusion: Our findings suggest that BMI may have no influence on sperm concentration, motility and normal morphology in infertile men.

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